

MEDICATION SAFETY

Your pharmacist is the best source for information on how to get the most from your medicines. Ask your pharmacist questions---he or she is trained to serve as your medication advisor regarding prescription and nonprescription (“over-the-counter”) medications.

At The Doctor's Office

1. Tell your doctor or any other prescriber (such as a dentist, nurse practitioner, podiatrist, etc.) about **ALL** the medicines you are taking including prescription medications, non-prescription (over-the-counter) medications and herbal/vitamin supplements.
2. Tell your doctor about any severe side effects or allergic reactions you have had to medications.
3. **Ask your doctor:**
 - ❑ To write or print the name of the medication he/she is prescribing so that you can read it.
 - ❑ What is the intended use of the medication?
 - ❑ What you should expect from the medication?
 - ❑ How long you should take the medication?
 - ❑ What side effects you should expect?
 - ❑ If and when you should call the doctor, and what problems need to be reported to them.

At The Pharmacy

Inform your pharmacist about **ALL** medications you are taking, even if you received them from another pharmacy. Report all prescription and non-prescription (over-the-counter) drugs, vitamins and herbal vitamin supplements to your pharmacist.

When you pick up your medication, be sure you know the following:

- Name of the medicine and what it's for.
- What it is supposed to do.
- The right time to take your medication and for how long.
- What you should do if you miss a dose.
- What side effects you should expect from your medication.
- How should you store your medication.
- To whom to report any troublesome reactions to your medicine.

If you need further information, ask your pharmacist.

At Home

- Keep a personal list of all prescribed medications and non-prescription drugs (including herbals and supplements) you are currently taking.
- Keep a list of any medications which have caused you to have an allergic reaction.

- Learn the names of all medications you take (prescription and non-prescription).
- Know what your medication looks like (color, shape, size).

Be Sure To:

1. Call your doctor and/or pharmacist with any unexpected reaction to your medication.
2. Question ANYTHING that doesn't seem right!
3. Be alert to any change in medication strength or appearance.
4. Call your pharmacist if your medication looks different from your last prescription.

Do not:

1. Give your medications to others.
2. Leave medications where children can have access to them.

BE AN INFORMED CONSUMER

1. Using your medications in the right way is essential to your health.
2. **B**ecoming educated and informed about your medication will reduce the risk of problems.
3. **A**s a patient, your role in preventing medication problems and errors is to make sure you understand what the medication is for, how it looks, how it should be taken, and what to do if problems occur.
4. **Y**ou must double check information about your medications each time you are given a new medication.

Maryland Pharmacy Assistance Program
Tel: 410-767-5398

Maryland Poison Center
Tel: 800-222-1222 * 410-706-1858 (TDD)

Division of Drug Control (DDC)
Tel: 410-764-2890

Food & Drug Administration (FDA)
Tel: 410-962-3396

Drug Enforcement Agency (DEA)
Tel: 410-962-7580

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IMPORTANT PHONE NUMBERS

Doctors' Office:

Pharmacies:

List of medicines you are taking:

***Now that you are familiar with
what you should know about
your medications.***

***"Be Informed...Stay
Healthy...Talk With Your
Pharmacist."***

**Visit the Board's website at
www.mdbop.org and click on
"Consumer Information."**

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